



Manage Your Stress with Walking

Keeping Track

Day 1	Did I Walk? _____ How long did I walk? _____ Did I feel better after my walk? _____
Day 2	Did I Walk? _____ How long did I walk? _____ Did I feel better after my walk? _____
Day 3	Did I Walk? _____ How long did I walk? _____ Did I feel better after my walk? _____
Day 4	Did I Walk? _____ How long did I walk? _____ Did I feel better after my walk? _____
Day 5	Did I Walk? _____ How long did I walk? _____ Did I feel better after my walk? _____
Day 6	Did I Walk? _____ How long did I walk? _____ Did I feel better after my walk? _____
Day 7	Did I Walk? _____ How long did I walk? _____ Did I feel better after my walk? _____